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Rhode Island National Guard The Ocean State Guardians

Fall 2008



The Governor of Rhode Island and the Captain General of the Rhode Island National Guard

The Honorable Donald L. Carcieri

The Adjutant General of the State of Rhode Island and Commanding General of the Rhode Island National Guard

Maj. Gen. Robert T. Bray

Assistant Adjutant General for Army and Assistant Commanding General of the Rhode Island Army National Guard

Brig. Gen. Brian Goodwin

Commander, Joint Force Headquarters, Rhode Island National Guard

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ON THE COVER

Scenes from the past Three months in Rhode Island. Photos by Lt. Col. Denis Riel, Sgt. Megan Burmeister, Sgt. David "Oz" Osgood

READERSHIP

In each issue there will be a photo of someone holding a copy of the previous issue. First five to find it win a prize. E-mail your answer to: megan.burmeister@us.army.mil.

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From The Adjutant General

This definately isn't your father's National Guard anymore

I am excited to be part of the transformation of the Rhode Island National Guard (RING) as it continues to move from a strategic reserve to an operational force around the world. One of the most exciting challenges, however, that we face is housing our new equipment and building new unit

structures. In addition to this is the need to reduce the number of "state" armory sites and consolidate installations capable of engaging the full spectrum of civil and military operations.

Our dual mission (state and federal) and the new requirements of Army and Air transformation demand that we grow the RING in terms of personnel, equipment, vehicles, weapons, cyber capability, and training capabilities. Throughout RI, the Guard is setting up expansion points. Quonset Point will soon house a new Air Traffic Control Tower, a new Army National Guard Army Aviation Support Facility (AASF) and Readiness Center, and the 102nd Information Warfare Squadron. The fourteen acres around Quonset Point will allow for us to accommodate the new C27A Cargo Aircraft, additional Blackhawk Helicopters, and support the planned Air Guard Active Associate Program initiative.

In addition, Camp Fogarty in East Greenwich is the site for the nearly completed 80,000 square foot building for the Combined Support Maintenance Shop, a new United States Property and Fiscal Office, the 1207th Forward Support Company Readiness Center, and the new Command Readiness Center for the Joint Force Headquarters.

Additional land will come from partnering with the Bristol Veterans Home for a multi-use armory, hosting two to four National Guard units and allowing outdated and outgrown sites to be closed and sold with proceeds to go towards construction.

However, despite all this, progress only truly happens from the ground up. It is my hope that every RING Soldier and Airman will continue to be part of our future and the long and historic legacy for which I am so proud. The more than \$112 million worth of military construction which we have engaged in since 2004 is our legacy. You should all be as proud as I am and celebrate this historic transformational achievement.

To each and every RING Soldier and Airman and their families, I wish you the best for a safe holiday season and a healthy and happy New Year. Hooah

Maj. Gen. Robert T. Bray

Adjutant General, Commanding General Rhode Island National Guard

2003 Soldlers and Alimen of the Year

Congratulations to all the nominees and winners for 2008 for their exceptional performance over the last year and for continuing to be such outstanding representatives of our enlisted force.

RI AIR NATIONAL GUARD



Airman of the Year A1C Jason R. Plante, 102 IWS



NCO of the Year Tech. Sgt. Ivan A. Mercado, 102 IWS Master Sgt. Charles R. Bourret, 102 IWS



First Sergeant of the Year

SNCO of the Year Staff Sgt. Emma A. Walker, 43rd Military Police Brigade, Heavy-Wheel Vehicle Mechanic (no photo)



RI AIR NATIONAL GUARD



Senior NCO of the Year Master Sgt. Paul J. Miga, 281 CCG

RI ARMY NATIONAL GUARD



Commander's Column

Colonel Paul L. Ayers, Assistant Adjutant General for Air Rhode Island National Guard



As the U.S. Air Force becomes more technologically advanced, the distinctions between our organization and that of other advanced air forces have become blurred. I have personally observed airmen claiming that some of the basics, which define us as a military organization, no longer apply to effectively accomplish their mission.

I couldn't disagree more.

The current war we are prosecuting has reminded us of the importance of basics, such as personal fitness, competency with firearms, customs and courtesies, and military bearing. Airmen have arrived in an Area of Operation anticipating a tasked function only to discover they've been reassigned to a truck convoy where they employed their M-16 daily. Others have discovered how a poor fitness level significantly affects the already difficult missions we face in the desert.

I have asked your commanders to re-focus on basic military disciplines to include customs and courtesies, wear of

the uniform, and improving fitness of airmen. I am particularly con-

cerned about our compliance with the ANG/USAF fitness standards. Meeting the standard is integral to personnel readiness, our promotion system, and to the image we portray to the public. Some of our airmen need immediate attention concerning weight control/loss and fitness improvement. Units can anticipate changes in the near future that will ultimately improve us in the long term.

We owe it to ourselves and our new recruits to set the example and lead the way towards meeting our core values of Integrity first, Service before self, Excellence in all we do.

> Sincerely, Col. Paul L. Ayers

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PARATROOPER | The Largest & COMPETITION IN Oldest Event of Its Kind in RHODE ISLAND

the Nation











By Sgt. David "Oz" Osgood

It was a beautiful day in August when 289 paratroopers from eleven different countries jumped in the Rhode Island National Guard's Leapfest Competition, the nation's largest and longest continually run international military parachute competition. This was the 26th year since a group of RI Guard Special Forces Soldiers put together the first competition back in 1982.

Though a lot has changed in terms of scope and resources for the competition, thanks to the generosity of the National Guard Bureau, the great spirit of camaraderie and international respect remains the same. This year, participants traveled from Germany, United Kingdom, Canada, Serbia, Bulgaria, Honduras, Peru, Ecuador, El Salvador, and Nicaragua to jump. In addition, there were twenty-four National Guard teams and twenty-one U.S. active duty teams from across the country.

During the competition, each team jumped three times, totaling the number of chutes used in one day to nearly 900. There were so many parachutists needing to jump that a quarter of the teams were already rigged up before the opening ceremony even began. Rhode Island's Colonel Charles Petrarca, the commander of Leapfest and the first person to jump, gave his opening remarks with his parachute on and ready to board.

To some, the skill of parachuting may seem an unnecessary relic of wars gone by. However, as Col. Petrarca put it: "paratroopers become better Soldiers for jumping for they must face and overcome the fear of death every time." In addition, paratrooper operations have been conducted in this Global War on Terror and the ability of U.S. paratroopers to be dropped anywhere in the world

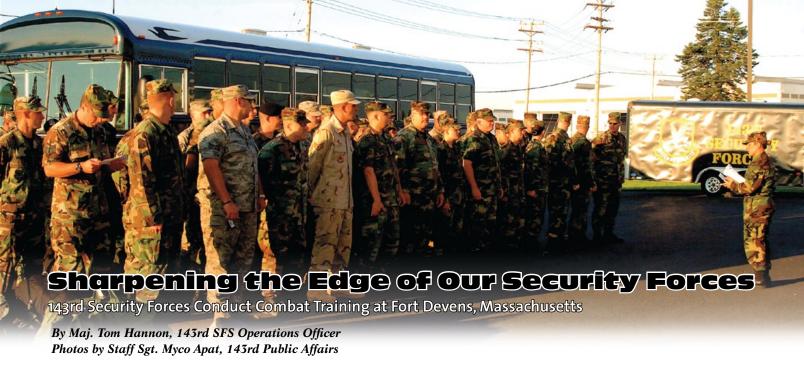
within hours still has a strategic impact on international relations.

Once the event began, the tempo remained high with teams or "sticks" of jumpers continually boarding one of the three large, double-rotor Chinook helicopters. At 1,500 feet, each team exited over the drop zone, trying to land as close as possible to the large orange "X" on the ground. Jumpers who missed the mark had to run with their chute and all their equipment and to "X." Time stopped when they reached the target, the team with the lowest combined time for all three jumps winning the event.

Winners and those who placed were honored at a large banquet for all participants held by the sea in Newport, RI. Awards were given to teams and individuals for best times in U.S., international, and overall score categories. This year's overall winner was the 1st Battalion, 160th Special Operations Aviation Regiment (Sergeants Justin Rondorf and Jeffrey Inman and Specialists Daniel Almodovar along with Justin Greer of HQ Company). They were the first active duty team to win since 1999. Rondorf also tied for the best individual time with TCO 3 William Navarro of 1st Special Forces Brigade of Peru and Staff Sgt. Dennis Bronzo of HHC USACAP Airborne of the US. The winning international team was the 2nd Infantry Battalion of Honduras (Capt. Reves Pego, Capt. Antunez Medina, Capt. Fernando Torres, and Capt. Vasquez Amaya).

Col. Petrarca exemplified that day's competition in his closing remarks by reiterating that there is a bond between Soldiers of all nations that cannot be broken.

Col. Petrarca is already planning next year's competition.



The preparedness of Rhode Island sonnel is of the utmost importance and one which The Adjutant General of RI makes a priority.

During the early hours of an August morning, I and sixty-six members of the 143rd Security Forces Squadron headed out to conduct two days of intense training at the Fort Devens Reserve Forces Training Area (RFTA) in Devens, MA.





The training day began with a weapons refresher course conducted by Combat Arms Instructors Master Sgt. Bennett, Tech. Sgt. Fratus and Staff Sgt. Northup. Following a few hours in the classroom, it was out to the firing ranges to qualify on the Air Force and Tactical Rifle Qualification Courses with both the M4 carbine and M9 pistol. After a late evening of night firing with night vision equipment, we got a few hours of sleep in the billeting; then it was back on the firing line first thing in the morning.

Upon completing the live-fire training and weapons cleaning, it was time for a marathon session of defensive tactics. Master Sqt. Billy-Joe Laporte, the 143rd Security Forces training manager, led a 4-hour block of instruction on suspect restraint and compliance techniques.

During an impromptu commander's call, the 143rd Security Forces Squadron Commander Lt. Col. Anthony Hamel remarked: "By removing outside distractions and focusing solely on combat skills training, you create an excellent environ-

ment to build relationships, unit morale and esprit de corps."

This weekend of training was not just a Security Forces event. In between rain storms and training sessions, security forces personnel were provided first

class meals by Tech. Sqt. Charles Allegretta and Airman 1st Class Patrice Potter of the 143rd Services Squadron. In addition, Staff Sgt. Myco Apat from the 143rd Communications Flight spent the entire weekend photographing the training along with Tech. Sgt. Steven Magnanti from the 143rd Medical Squadron, who provided medical support. These four individuals volunteered on a moment's notice to spend two long days supporting the training mission. They, along with the other members of the 143rd, truly exemplified what it means to be part of an outstanding wing: "One Team, One Fight!" ■



CHIEF WARRANT OFFICER 5 MAGNAN MARKS 20,000 HOURS OF FLIGHT TIME

Submitted by Master Sgt. John M. Walsh

On Wednesday, October 15, 2008, CW5 Thomas J. Magnan of the Rhode Island Army National Guard landed at the Al Udeid Air Base (AB) in Qatar, completing his 20,000th hour of flight time in his aviation career. The 1.7 hour flight from Ali Al Salem AB in Kuwait in the Beech King Air was the exact amount of time needed to reach this milestone.

Courtesy of Master Sgt. John M. Walsh

After returning to Kuwait CW5 Magnan was asked what's next and he replied "Well, I'm already 2.0 hours into the next 20,000"......Good Luck!

CW5 Magnan enlisted in the Army on July 26, 1968 and completed the Warrant Officer Rotary Wing Aviator Course with Class 69-17. He served a tour in Viet Nam with the 57th Assault Helicopter Company (Gladiators) in 1969-1970 and returned to the 2nd Aircraft Maintenance Battalion at Ft Stewart, GA in August of 1970.

CW5 Magnan was released from active duty in December of 1970 and joined the Rhode Island Army National Guard on January 7, 1971. He has served as the Aircraft Maintenance Officer, a Standardization Instructor Pilot, an Instrument Flight Examiner, and Safety Officer. His current assignment is as the Commanding Officer of Detachment 23 Operational Support Airlift of the Rhode Island Army National Guard. The unit, consisting of seven Warrant Officers and three Enlisted personnel is deployed to Southwest Asia in support of Operation Iragi Freedom and Operation Enduring Freedom.

CW5 Magnan has accumulated approximately 16,000 hours of military flight time, including over 1500 combat hours. He has flown more than fifty different aircraft and holds dual Airline Transport Pilot certificates for Fixed and Rotary Wing aircraft with Type Ratings in the Boeing 727, Shorts 330/360, Cessna 500 and the Bell 205 (Huey).

Mr. Magnan and his wife of 32 years, Mary Ann, have four children and seven grand children and reside in Warwick, RI. He credits them and their sacrifices as having enabled him to pursue his aviation career and attain this amazing goal.





After a traditional "Hosing-Down" CW5 Magnan was joined by members of his unit for a group photo to mark the event.

Left to right: Master Sgt. John Walsh, CW5 Magnan, CW3 Ken Moriarty, CW4 Mark De Souza, and CW4 Gary Carter.



Guard. I was very fortunate to be sent to Ramadi as my son, Spc. Eric Cervone, was a member of that unit. While with him,

I was able to observe first hand their training methods and the esprit-de-corps they had established with the Iraqi Police.

My son's squad was charged with training the Iraqi Police on vehicle searches, operating check-points, conducting interrogations, and carrying out investigations without violating the rights of detainees. As I observed the U.S. Soldiers and Iraqi Police working together, I realized that the framework of police procedures does not vary all that much from culture to culture.

In addition to training, 169th MP Co. also searched for terrorists, bomb-making equipment, and weapons caches while patrolling Military Service Route Mobile. On any given day, they would search thirty to forty houses and engage in vehicle chases to apprehend individuals behaving suspiciously. Lastly they were tasked with occupying isolated outposts and checkpoints and searching vehicles for contraband and weapons that passed through.

The troopers praised the Iragis for their courage and their willingness to serve their country and their communities. The determination of the Iraqi police to put into place the procedures and security methods that would make their communities safer and more secure, can only be described as admirable.

After thirteen months away from family and nine months in Iraq, the one-hundred thirty-five members of the 169th returned

home. They were greeted by hundreds of people crowding the orange barriers, some with young children on their shoulders, others with infants in their arms, waving flags and cheering while patriotic music played from speakers and the cameras flashed.

Iraqi Police training under US MP Guidance.

They arrived on two C-130J Hercules transport planes from Fort Dix, NJ. The planes arrived in the morning, flying low over the hangar where the crowds waited. A cheer went up and continued as the two aircraft banked and then landed. As they taxied past the crowds, a soldier emerged through the hatch at the top of each plane, one holding a large American flag, the other the unit flag.

The unit's work will have a positive and lasting impact in Al-Anbar province, once considered one of the most dangerous regions in the country.

Building Relationships to Grow On

Inspiring the RI Air National Guard's Most Valuable Resource

By Staff Sgt. Kristine Rodrigues, Joint Force Headquarters-Air

Author's Note: This is the second of a two-part series on the RI Air National Guard's (RIANG) human resource development initiatives.

The Rhode Island National Guard (RING) has become increasingly work-place savvy. From its commander Major General Bray on down, the RING recognizes that people want to work in a safe, healthy environment that respects their career goals. The RING in turn also recognizes that you can get the best out of your Soldiers, Airmen, and contractors if you give them the best possible support.

That is why, for the Air side, Chief Master Sgt. Michael Brady, state human resource advisor (HRA) for the RIANG, and Master Sgt. Colleen Ross, human resource advisor for the 143rd Airlift Wing, take conducting diversity, leadership, and teambuilding training so seriously.

A top priority for them is spreading the word and getting people involved in the Air National Guard Mentoring Program. This resource provides the recipient with a special opportunity for career progression and the mentor a chance to give back. Brady is guick to acknowledge that mentors made a big difference in his own career. "I'd never be a chief," he said, "if someone hadn't sat down and told me do this and do that. To me, it's common sense: find the smart people and learn from them."

One of Ross' primary undertakings since becoming HRA in April 2007, has been the revitalization of the 143rd Airmen's Advisory Council, a key mentoring-vehicle. Under Ross' direction, active participation has increased from virtually none to about thirty members.

The AAC meets monthly on every Sunday of the Unit Training Assembly (UTA) and provides a forum where all concerns can be voiced and heard. The Council is open to all Airmen from grades E-1 through E-4. Said Ross: "I put the foundation down, now they can take off with it and call it their own."

The AAC is a dynamic instrument Airmen can use to build relationships not only with senior leaders but also with their peers.

Through Ross' guidance, new Air Guard members have become involved in numerous events and initiatives invaluable to their career growth. An example of this was when SrA Yohanna Vasquez was invited to attend the annual Enlisted Association of the National Guard of the United States Conference in Oklahoma last fall with RIANG Command Chief Lori Ashness.

Said Vasquez: "Attending the conference was absolutely amazing. I was surrounded by so many important individuals."

Another example is the roundtable sessions with Wing Commander Col. Larry Gallogly. "The Airmen could hear my philosophy and I could hear their philosophy," Gallogly ex-



Members of the 143rd Airman's Advisory Council participate in a roundtable discussion with Wing Commander Larry Gallogly (far right).

plained. "[It was an opportunity] to find out why they think the organization is lacking so we can take action to make the organization as good as it can be."

Gallogly encouraged them to continue coming forward with their needs and interests while the Quonset Air National Guard Base undergoes major redevelopments.

Other AAC events include softball games, the RING Open House and Air Show, membership in the RING Select Honor Guard, enlistment referrals, AAC elections, bake sales, special events such as the RI Woman Veteran's Memorial luncheon, and working with the First Sergeant's Council on the upcoming Airman's Symposium to be held at the Quonset "O" Club.

"It gives people the chance to get out of the office and have fun," says Ross. "It's the best way to get these Airmen involved."

But it's not all about the social perks, Ross acknowledges. She stresses the importance of professional development and works to ensure that these Airmen are knowledgeable of the enlisted development plans and know how to utilize indispensable tools like the Air Force Portal and Outlook Web Access, even from home.

Additionally, Ross facilitates the E-5 and E-6 Sergeant's Council and continually strives to find opportunities to bring members of the RIANG, their families, and the civilian community together.

"It's hard work," says Ross, "but it's rewarding when I see the end results."

For more information about RIANG human resource development programs, contact Chief Master Sgt. Michael Brady at michael.brady7@us.army.mil. Members of the 143rd may contact Master Sgt. Colleen Ross at colleen.ross@riquon. ang.af.mil.



Col. Paul Ayers Assumes Command of the Rhode Island Air National Guard

By Staff Sgt. Erin Brogan, 143rd Public Affairs, RI Air National Guard

With new C-130J cargo aircraft lined up on the flight line and visible base improvements going on all around, it is clear that the Rhode Island Air National Guard (RIANG) is in the midst of great changes. This served as a fitting location for the change of command ceremony that was held August 2nd for Col. Paul Ayers, who took over for Brig. Gen. Thomas Haynes, Asst. Adjutant General for Air. In his speech, Gen. Haynes remarked: "John F. Kennedy said that change is the law of life and those who look only to the past or present are certain to miss the future." He went onto say that Col. Ayers is the best person to pass the reins of the future to.

Col. Ayers, former commander of the 143rd Airlift Wing Operations Group, brings many skills and experiences to the position. In addition to having served as an officer in the RIANG since 1993, his background in aeronautics and experience from both Operation Iraqi and Enduring Freedom will prove assets in sustaining and improving Rhode Island's

This is a demand already well-known in the world of tactical airlift. As Ayers said of Haynes: "The Rhode Island Air National Guard is prepared for today and poised for the future, thanks to you, sir." Under Haynes, the 143rd became the first active or reserve Air Force unit to be completely outfitted with the new C-130J transport planes. As Assistant Adjutant General, he created the national emergency mobile communications unit, Joint Communications Control Center North, and oversaw the formation of a computer network defense unit, the 102nd Information Warfare Squadron. Haynes, honored with the Legion of Merit and the Rhode Island Star just before the ceremony, is being promoted to major general and will become the Senior Air National Guard Adviser to the commander of the Air Mobility Command at Scott Air Force Base in Illinois.



THINKING ABOUT LEAVING THE GUARD?

Maj. James N. Williams, MP Commander, Recruiting and Retention Command

Since the beginning of the Global War on Terror, the Guard has been asked to perform real-world combat missions at a level and frequency that was unimaginable just a few

years ago. These Citizen-Soldiers have answered the call as they always have throughout our nation's history. A vast majority of Rhode Island Air and Army National Guardsmen and women have served in combat zones and in support roles around the globe and at home.

You, the members of the Rhode Island National Guard, are what make America great! You voluntarily left your families, your careers, and generally put your lives on hold to serve your country. Some of you have already deployed two or more times. Your sacrifice, and that of your family and your employer, is both noble and honorable, and your country is grateful.

You have done all that has been asked of you and more. Some of you may feel that you have done enough, that your family has sacrificed enough, and you are considering separating when your estimated time of separation (ETS) comes around. No one can fault you for that; we can only thank you for your service. But before you go, I want to ask you to carefully consider some things, to take a hard look at the things you might miss out on, and consider whether you can really live as well as you do now without them.

Have you considered the impact of the loss of the additional income your family has become accustomed to? Could you replace the substantial yet affordable protection for your family that Servicemembers' Group Life Insurance (SGLI) provides? Are you only a few years away from making your "twenty"? Have you considered that your Guard career would provide a substantial supplement to your retirement income? Have you taken advantage of the other benefits of your service, such as a free college education? What about the sense of pride, accomplishment, and camaraderie that you've felt in your military career?

You know, a lot of people who leave before completing twenty years return to the Guard later on in life – only having to make up the lost time. Some find it difficult to re-join once they've left. Did you know that if you separate for six months and decide to come back, that Entry Level medical standards apply (versus retention standards)?

There are lots of reasons why people consider leaving the service - family and employer conflicts, problems with promotions, pay, bonuses, stagnation, boredom, or concern over potential additional deployments. You probably have a valid concern. But chances are, if you just talk to your leadership, they can resolve your issues or find the right resource to help you.

If you'd like to "Stay Guard" but feel you have some challenges, talk to someone! If you don't know who to turn to, call the Recruiting and Retention Command at 275-4646 and we'll try to put you in touch with the right person. You've proven yourself a valuable member of the Guard, and we want you to stay.



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Archbishop of Providence Diocese Visits RI National Guard Members

Bishop Thomas Tobin celebrates Mass, flies on Black Hawk

By Sgt. John Cervone

Bishop Thomas Tobin of the Catholic Diocese of Providence, celebrated Mass for members of the Rhode Island National Guard (RING) at the Quonset National Guard Base on August 7, 2008, during their August drill.

"I am honored to celebrate Mass with our state's most noble servants, the men and women of the Rhode Island National Guard," said Bishop Tobin. He then went on to say that theirs is an honorable life rooted in service to others. The Bishop's homily revolved around a message of hope for an uncertain future.

Among those present were Maj. Gen. Robert T. Bray (The Adjutant General of Rhode Island and Commanding General of the Rhode Island National Guard) and his wife Donna.

With the conclusion of the service, gifts were exchanged between Maj. Gen. Bray and Bishop Tobin. In addition to presenting the Bishop with his coin, Maj. Gen. Bray also presented him with a small picture of Saint Barbara, the Patron Saint of the Artillery.

After the conclusion of the Mass, the Bishop and his party were given a tour of the Quonset Air National Guard Base and the Army National Guard aviation facility. From there, he flew with the RING aboard a Rhode Island Army National Guard UH-60 Black Hawk helicopter.

Bishop Tobin, a native of Pittsburgh, Pennsylvania, was appointed Archbishop of Providence by Pope John Paul in 2005. He was ordained to the priesthood on July 21, 1973 and has served in various parish positions in and around Pittsburgh before being appointed Auxiliary Bishop of Youngstown, Ohio, his last appointment before coming to Rhode Island.







The Bishop strapped in a RI National Guard Black Hawk Helicopter with W1 Kimberly Wilson at the controls.







Col. Larry Gallogly with British Red Arrow Team Leader Jas Hawker.

Sgt. 1st Class Jan Davis and Sal David Rose Daggers, th S. Army Special Operations Command Parachute Demonstration Team. coming in for a landing after a 10,000 foot exit. Photo: Armando Heredia

By Sgt. John Cervone

The Rhode Island National Guard hosted its 17th annual Open House and Air Show on June 27th and 28th at Quonset National Guard Base, North Kingstown, RI.

In a weekend of perfect weather, the show's main performers, the Royal Air Force Red Arrows aerobatic team, delighted the crowd with their unique brand of aerobatic flying.

Performing at only five US shows, the Red Arrows selected Rhode Island for its outstanding reputation as one of the nation's most hospitable air shows. As their Wing Commander Jas Hawker put is: "All we heard about from our counterparts the Blue Angels and the Thunderbirds was that we should include the RI show, which they consider to be the show at which they are treated the best. This has been one of the most hospitable venues we have ever been to and the crowds are wonderful."

Also thrilling the more than 75,000 who attended this year's show where the Black Daggers Special Operations Parachute Team, the Shockwave Jet Truck, demonstration flights by numerous military and civilian acts including a USAF F-15E demonstration team, a USMC AV-8 Harrier team, and show regulars Sean Tucker and son, Ed Hamill, and John Klatt. Of course, the show also included the always popular RI National Guard Combined Arms demonstration featuring the Wall of Fire. (see cover)

During their stay in Rhode Island, the Red Arrows, as well as many of the other performers, were very busy meeting as many residents as possible, visiting the local Hasbro Children's Hospital, and taking part in interviews with local newspapers, radio and television shows.

According to one of the open house/air show's founders, 143rd Airlift Wing Commander Col. Lawrence



All-in-all, another great year for a great show yielding fantastic results for many of our local charities and for the general public.





Two RI Guardsmen Creating Music for a National Audience

A Rock Musician and a Producer Unite



Erik Conley in Iraq.

By Sgt. David "Oz" Osgood

When members of the Rhode Island Army and Air National Guards are deployed to combat, they bring with them an array of talents from the civilian world that assist them professionally and personally in the face of battle. When they return, very often these skills have been strengthened by their experiences in war.

One such group of Rhode Island veterans found that their skill and passion for music helped them through their time overseas, and when reunited as a band, they poured the new sense of purpose they had developed into their work. This RI band, called 10 Fold, with singer Spc. Erik Conley (Iraqi Freedom Vet), guitarist Mike Greene (USMC Gulf War Vet), base guitarist Michael Glover (RI Historic Militia), lead guitarist Mark Lucier (Civilian), and drummer Hank Williams III (Navy), writes, records, and performs music about the hardships and triumphs of war.

As Erik put it: "We wanted to put together the first heavy metal rock album whose lyrics were written in a war zone. Their efforts have been exceptionally effective, reaching the military community and the folks at home by sharing their experiences of war with eloquence and becoming one of the foremost veteran bands in the nation.

For Erik, music has been as much about giving to others as finding comfort within. Writing lyrics in Bagdad acted as "therapy and a way to leave something beautiful and poetic behind," Erik stated. The loneliness, the uncertainty of what's going on at home, the boredom mixed with moments of great fear were the everyday facets of life in combat. Erik lived with this reality as a deployed Soldier in 2004 in Iraq with B Battery of the 103rd Field Artillery Brigade, Rhode Island National Guard.

Together again as a band after Erik's return, they now play venues ranging from intimate stage settings to large concert arenas like the Tweeter Center. Songs of theirs are also regularly played on Armed Forces Radio and their music is available on CD and for download.

Their success has been in large part thanks to another amazing Rhode Island musical establishment called To the

Fallen Records (TTFR), a full service record label founded by and for veterans. Erik stumbled across TTFR and its cofounder Capt. Sean Gilfillan, whose father is Master Sgt. Christopher Gilfillan (USPFO, RING), while searching for a studio. Erik couldn't believe that such a place existed and in his home state.

Sean himself is a veteran of Iraq who had returned with a great appreciation for the number of talented musicians in the military in need of a place to produce their music. With his own love of music in mind, he and a fellow Rhode Islander, Sidney DeMello, founded TTFR, named in honor of the seven members of Sean's company who were killed in Iraq.

What made the relationship with TTFR so amazing for 10 Fold, and other veteran bands, is TTFR's understanding of the unique life of a Serviceman-musician. "These guys have full-time jobs," said Sean. "No traditional label can sign them or put them on tour - their schedules are too crazy."

TTFR is completely focused on the serious message of veterans. For them, there isn't any room for "disposable" pop music. The label also gives back by donating a percentage of all proceeds to organizations dedicated to honoring the fallen or assisting disabled soldiers and their families.

10 Fold reaches out with their music as well; it isn't just an insiders club for veterans. "We were honored recently to be featured in the March issue of Rolling Stone magazine," says Mike Glover, 10 Fold base guitarist. "It has helped spread our message and our fan base across the country." In addition, 10 Fold's song "Sleeping Giant" was picked as the entrance song for TNA professional wrestler Matt Morgan, seen on Spike TV's TNT every Thursday night by 30,000,000 viewers.

Erik, who is a recruiter for the Rhode Island National Guard, attributes a lot of the band's success to encouragement from the RI Guard. "The Guard has been very supportive of my music," says Erik. "Whenever I have had a gig or tour, I always had the freedom to work around my schedule." In a larger sense, the serious success of veteran bands like 10 Fold begs the question why they haven't been selected to represent the National Guard while more mainstream bands have,

despite their sometimes dubious values and offensive lyrics.

To the Fallen Records and 10 Fold have been working hard to bring the message of the war front to the home front. This is a true band of Rhode Island Veterans.





The tattoo on the back of Sean Gilfillan, memorializing his fallen comrades in Iraq and giving TTFR its name. (above) Logo for To the Fallen Records. (left)

For more information about 10 Fold, visit http://www.10fold.us.

For more information about To the Fallen Records, and the many different military bands they produce,

www.myspace.com/tothefallenrecords www.new.facebook.com/pages/To-The-Fallen-Records/46082712064

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RI National Guardsmen Work to Secure Our National Borders

By Staff Sgt. Julio Barthson

More than ever before, Rhode Island National Guard (RING) members have been fulfilling their duel rolls of combat operators overseas and protectors of our great nation here in the U.S. There is not better example of this than Sgt. Robert Boudreau and Sgt. Bobby Kells, Jr., both veterans of Iraq, who recently returned from U.S.-Mexico border security operations.

Sgt. Boudreau of A CO 1-126th Aviation Battalion of North Kingston, RI and. Sgt. Kells, spent a year in California with Operation Jump Start. Both qualified UH-60 (Black Hawk) Helicopter Aviation Mechanic Crew Chiefs, they proved an invaluable asset to the JTF VISTA's aviation wing at Task Force (TF) Wily, protecting many miles of frontier.

They also provided invaluable, real-world experience as RING Soldiers. In addition to Iraq, Boudreau spent 6 months in Honduras in 2004 as part of a humanitarian mission to assist engineers building medical facilities in Latin America. "We learned while in Honduras that our unit had been mobilized for Iraq," said Boudreau. "We had to redeploy home and regroup for training at Ft. Bragg, NC. Then boots on the ground in Iraq by January 2005 after a short stop for acclimation in Kuwait."

Though not involved in actual law enforcement activities in TF Wily, they supported U.S. Customs and Border Protection and U.S. Border Patrol agencies with administrative and civil engineering projects that included fence construction. Their military operations were primarily to observe and report.

Said Kells, "When I was notified of my acceptance to the

Ocean State Guardian / Fall 2008



mission, I was totally overwhelmed with joy and surprise. We are not a border state and we don't have such missions here; so I felt it a very important contribution to represent Rhode Island by augmenting the California National Guard in a real world mission."

These Rhode Island veterans both agreed that the mission was an extraordinary experience and felt honored to be working with the US Border Patrol. They left at the end of the mission's pre-programmed completion, saying that it was a mission of a lifetime and just as important as deploying overseas.

Concluded Kells: "We may be a little dot on the U.S. map, but in California, we were in real action. That makes Rhode Island look much bigger in my eyes."



HELP SAVE RI STATE AND

By Sgt. David "Oz" Osgood





Going Green isn't just for camouflage anymore! The Rhode Island National Guard recycled 80,000 pounds of recyclables in 2007 and 64,000 pounds the year before. One ton of batteries were also recycled in 2007. In addition, the Green Bins for paper recycling have been finding there way to more and more offices.

Expanding support networks have been implemented too. If an office needs extra recycling bins, for example, there are resources to supply them (see below). Training is also available for all members of the RING on how to properly dispose of waste items. When it comes to recycling, it's the team effort that drives the program!

Not taking care of the environment is becoming expensive. It's not just a decreased quality of life or aesthetic degradation of our beautiful Ocean State. Nor is it just an increased health risks associated with contaminated land, water, and air. It's the financial expense of continuing to burden the trash collection points with items that can be recycled.

For those who think there won't be a negative impact for not recycling...think again. The Johnston landfill is nearly at capacity and the State budgeting office, which finances the Guard, is now facing the \$100 million cost of expanding it. It is estimated that fifty percent of the trash that's in there could have been recycled and at a cost far less than throwing it away. Not recycling is literally tossing our funding out.

To avoid this, there are some simple measures that can be taken. Place recyclables, such as paper, cardboard, and plastics, into the appropriate bin and not into the trash. Safely dispose of household hazardous material, such as batteries, tires, and mercury thermometers, by following the steps on the Rhode Island Resource Recovery Corporation website (web link below). Contact your facilities manager at work for programs on recycling office waste. Many of these programs already exist, just waiting for people to take advantage of them.

If we increase these actions as Guard members, we will greatly improve the sustainability of the Rhode Island National Guard (RING), keep Rhode Island clean, and maintain the vital flow of financial support for the Guard.

To that end, it all comes down to the individual and the leaders in the workplace, both in and out of uniform. Managers, NCO's, and officers must provide the basic guidelines for recycling and environmental custodianship and ensure that they are followed. This will be especially important because new policies coming out could result in actions against facilities for noncompliance with recycling standards. If a fine is part this enforcement, it may come out of the Ops Tempo and Training Department funds. Considering that land-filling trash costs more than recycling it, and the improper disposal of hazardous material could lead to environmental clean-ups costing millions of dollars a piece, it's understandable why the RI Guard and the state are taking it so seriously.

We are all environmental custodians of our Great State. Recycling is financially, militarily, and environmentally the right move: it saves money now while helping to safeguard the Guard and future missions.

Environmental Phone Numbers and Websites:

For internal use: http://ri-44065-gis/ems/

Rhode Island Resource Recovery Corporation: www.rirrc.org

RI Army National Guard Environmental Office: 401-275-4033 or 401-275-4036

SPECIAL THANKS TO THE ENVIRONMENTAL MANAGERS AT THE RI NATIONAL GUARD

Rhode island airmen and soldiers from around the world

The RI Guard and their Rides: Wearing the colors of their deployments proudly, the Rhode Island branch of the Warrior Brotherhood Motorcycle Club stands by to join a Memorial Day parade. Over 90% of their membership is actively serving in the RI Guard.



A Long Road Ahead: Members of the Training Team in RI's Special Forces Company stretch their legs out on a long ruck march near Camp Fogarty in preparation for Special Forces Assessment and Selection.



155mm Howitzer in Action: Members of Rhode Island's 103rd Field Artillery Brigade practice consecutive fire missions during training in Gagetown, Canada, May 23, 2008.

The Ocean Star



Gov. Carcieri and Maj. Gen. Bray of RI conduct the annual pass in review of the RI Historic Militias at Camp Fogarty, part of their weekend-long public demonstrations of camp life, cannon and musket firing, and fife and drum music. The militias represent RI military history going back to 1637.



A New Chapter Begins: Sean Luce of Cranston, RI is sworn into the Army at the North Kingstown Assembly of God, March 30, 2008. Sean will ship to Fort Leonardwood for Basic and then to Fort Sill for Advanced Individual Training as a 13B (Cannon Crewmember). He is sworn in by fellow congregation member Cpt. Jeffrey Curtis of the RI 103rd Field Artillery Brigade.

Ready to Ball: Four former NBA and WNBA players visiting Camp As Sayliyah pose with RI's Lt. Col Peter Pitiera (center) and Lt. Cmd. Eric Monostori. Said Pitiera: "It was an interesting experience and they gave us a lot of inside scoops on the NBA and its players."



Ready for Anything:

RI Airmen of the 282nd Combat Communications Squadron conduct their Operational Readiness Inspection (ORI) in a simulated biological-chemical environment. This weeklong event ensures their readiness to provide global communications to joint forces in austere environments around the world.





Press Camp with Senator Reed: RI Senator Jack Reed posing with member RI's 65th Press Camp in Iraq. Standing left to right: 1st Lt. Russell Donahue, Lt. Col. Randall Church, Sen. Jack Reed, Spc. Megan Burmeister, and Spc. Erik Burmeister. Kneeling: Spc. Mark Braden.



RI Air Guard Recognized:

Staff Sgt. John Leeder of the 143rd Air Wing located in Quonset, RI standing in front of L.t Gen. Rusty Findley (USAF) as he receives the General's coin for his superior performance while deployed to AI Udeid Air Base, Qatar on a six month rotation.



Multi-National RI Training: One of the many water check points along the timed route of the German Armed Forces Proficiency Badge test held in Washington, D.C. by the German Consulate. Three RI soldiers from the Special Forces Company successfully competed in the event and were awarded the badge for their dress uniforms.



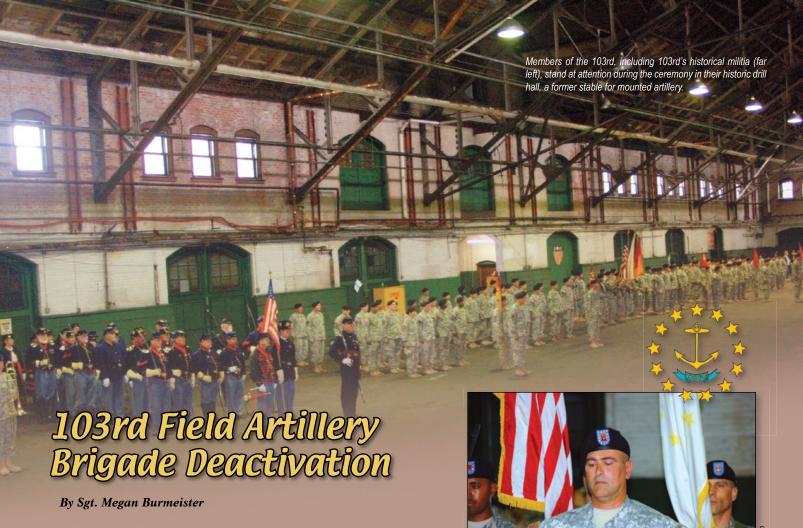
Romance at the Air Show: With a line of stationary jets for a backdrop, SrA Bradley Butler of Seymour Johnson AFB proposed to his future bride Amber Wharton in front of thousands of spectators at the Rhode Island Open House & Air Show. Butler came to RI with the F-15E Strike Eagle Demonstration Team for which he is a crew chief. Butler and Amber met at last year's RI Air Show.



Celebrating the Air Force Birthday in Afghanistan: Rhode Island Air Guard's Lt. Col. Mathies Santos (left) along with Maj. Gen. Jay Lindell (middle), Dep. Commanding General, Combined Air Power Transition Force, Kabul, Afghanistan. Lindell leads a joint organization to develop, train and mentor the Afghan National Army Air Corps.



Two Miss Rhode Islands: Miss Alea Campagnone, daughter of Master Sgt. Robert Campagnone who is currently deployed in support of Operation Iraqi Freedom with the 143rd Security Forces Squadron (RIANG), and Miss Rhode Island's Ashley Bickford spent time together drawing pictures for deployed members of the 143rd.



s the face of war changes, so to must the military. On September 6, 2008, Rhode Island National Guard (RING) members gathered to witness the deactivation of the 103rd Field Artillery Brigade (FA BDE) and celebrate its rich history. Despite the lose, the battalion headquarters unit and the three firing batteries will remain intact as a vital force in the RING.

Army transformation initiatives necessitated the restructuring of the field artillery branch. The unit is now aligned under the 197th FIRES Brigade, New Hampshire Army National Guard while former Soldiers of the 103rd Field Artillery Brigade are given the choice of transitioning into one of the firing batteries or reclassifying with another Military Occupational Specialty (MOS) and joining another Rhode Island unit.

The history of Rhode Island's 103rd Field Artillery Brigade began with its creation in 1930 as the 68th Field Artillery Brigade. Other units that merged under its control served in the Civil War, the Mexican Border Conflict, WWI, WWII,

the Korean War, and Operation Iraqi Freedom.

The 103rd Field Artillery Brigade exercised command and control over the 1st Battalion of the 103rd Field Artil-

lery and the three associated firing batteries (A Battery of Providence, B Battery of North Smithfield, and C Battery (currently deployed to Iraq) of Bristol.

The inactivation ceremony for the 103rd FA BDE was a time for remembrance. Chief Warrant Officer 3 Paul Rao of the 103rd remembers how his view of the National Guard changed when he joined the 103rd Field Artillery Brigade. "I found the Guard, especially the HHB 103rd Field Artillery, more rewarding than I thought it would ever be. It became my second family. There is no better command or group of Soldiers that I would feel more honored or safe to serve with." Chief Rao left for Ft. Jackson. South Carolina after the ceremony to reclassify as administrative personnel in order to stay with the 103rd.

Command Sgt. Maj. Armand Pereira furls the flag for the last time.

The remaining Field Artillery units in Rhode Island will be among the first National Guard units to receive the M-777 towed 155mm howitzer. The M-777 was fielded with active units for the first time last year and has outperformed expectations while deployed in Afghanistan.

"It is understood that, as the face of warfare changes, so too must the Guard," said Maj. Gen. Bray. "Army-wide force restructuring allows for important change and modernization within our National Guard." Bray is The Adjutant General and Commanding General of the RING and began his military career in the Field Artillery.

Past and present Soldiers of the 103rd Field Artillery Brigade gathered after the ceremony for a private celebration of the long and distinguished history of the 103rd Field Artillery.

Letter from the "Field"

Chief Master Sgt. Lori A. Ashness, RI State Command Chief

As I always say, "The most constant thing in the military is change, so remain flexible!" But...there are always constants as it relates to our Rhode Island Air National Guard (RIANG) members.

I have the pleasure of bragging about these Outstanding Airman as they work in their Areas of Responsibility (AOR). So, this Letter From the Field is dedicated to our deployed Airman here at Al Udeid who are doing incredible work In this Global War on Terror.

When I hear Senior Leaders say, "You're from RI" I am so proud to say "Yes!" The next sentence that I invariably hear is, "We have some of your Airman working in our squadron and they

are outstanding." I've heard that on many occasions since I've been here and it makes me proud to be a RIANG member!

Here are two such individuals who were lauded for their outstanding contributions in the AOR. First, is TSqt Scott Horridge (center, top photo) from 143rd Areal Port Squadron (APS) who had the opportunity to deploy from this location and was awarded the Outstanding Team Certificate along with two of his colleagues, as well as the Outstanding Performer of the month. Congratulations!! Second, is SrA Tyler Ward (left, bottom photo), again from our 143rd APS, who was awarded Airman of the Month and selected

twice to be the individual to ask questions in an All Call with the Secretary of the Air Force and the Chief of Staff/Chief Master Sergeant of the Air Force. Both were very high visibility opportunities.

RIANG members, as well as all the Airman here, continue to shine and do incredible work to support the entire AOR. And one more constant…it's a great day to be an Airman. ■

RII National Guard Marathon Team - 2008

RI Team in 31st National Guard Bureau **Marathon Championships**

By Maj. Ron Cloutier

Lincoln, Nebraska, May 4, 2008 - The Rhode Island National Guard Marathon Team was a true joint venture this year with Army Guard Maj. Ken Niles of 56th Troop Command and Air Guard Senior Airman Josh Hill of 143rd Services Flight. Both individuals finished the 26.2 mile event with great times, automatically qualifying them for next year's marathon.

Nobody runs a marathon alone: it takes months of preparation and dedication. "I appreciate all the help I received from my command," said Maj. Niles. "There were many people who trained with me in the months leading up to the event." He went onto say: "It was a great event and a privilege to represent the Rhode Island Army National Guard."

There was a lot of Rhode Island pride at the event. Hill, who competes regularly in marathons across the country, commented: "I have enjoyed the opportunity to run for the State of RI and the Air National Guard. When you finish a marathon, so much of life seems much easier in comparison. It's an extra special feeling when someone reads your jersey and cheers for Rhode Island. You can run with pride knowing you represent your branch, your state, the people from your



Senior Airman Josh Hill

Major Ken Niles

unit who are deployed and those who have come before you and given the ultimate sacrifice."

Hill also noted that it would be great to get the team up to fifteen people for next year! Said Maj. Niles: "My sites are now set on 2009."

Anyone interested in participating in future events with the RI team, please contact Maj. Ron Cloutier at (401) 886-1549 or by email at ronald.cloutier@riquon.ang.af.mil.

Congratulations Team RI!



RI Soldiers: Mighty both with the Pen and the Sword

By Sgt. David "Oz" Osgood

Though many popular images of the Guard portray people performing arduous physical tasks, Rhode Island National Guard (RING)

Soldiers and Airmen excel in many other areas of excellence as well. One such soldier, Sergeant First Class Jason Tavares, recently published his first novel, a mystery-horror story entitled "The Shadow Inside."

Said Tavares: "I started writing when I was stationed at Fort Campbell in the early nineties. I was in the artillery then and my unit spent a lot of time in the field. I'd always have a small notebook with me and I'd jot down random ideas that popped in my head. Many of those ideas are in this book."

When not writing, Tavares works as a RING recruiter. A

sixteen year veteran of the military, Tavares made the RING an early passion in his life.

"My goal of becoming a writer began a few years ago. Before 'The Shadow Inside,' I had written an unedited screenplay called '1 West 26th Street,' which was also published. I am now attempting to have it made into an independent film. "

Tavares' thirst for literature and writing continues and he finds his time in the Guard greatly helps shape the fictional characters he creates. "Currently, I'm working on another book of fiction but one which is much larger and slightly more in depth. My job as a RING recruiter provides fertile ground for developing ideas and understanding the variety of life that is out there."

Speaking of both being a RING Soldier and a published author, Tavares said: "I'm very happy with the road I've chosen and the life that I've been lucky enough to receive."

LOOKING AHEAD – THE FUTURE OF MILITARY HUMAN RESOURCES

New, military-wide system to digitally manage personal records and finance

By Sgt. David "Oz" Osgood

Amid the incredible advances in military technology, the American military has not forgotten that combat readiness means taking care of a Soldier's individual readiness as well. To that end, the military is in the final stages of implementing a multi-level integrated computer program called the Defense Integrated Military Human Resources System (DIMHRS), which will store, disseminate and make accessible personal and pay information. The Army has made this system a high priority: "All components of the Army will implement DIMHRS on 1 March, 2009," states Gen. Richard

Cody, Vice Chief of Staff Army.

With DIMHRS, documents will be electronically routed, signed, and archived, cutting the manpower requirements and costs while elevating personnel support to a 24/7 system.

However, with this automation comes a new level of individual responsibility as Soldiers will be expected to manage their pay and documents beyond what they previously had to do. To assist, classes will be given to each soldier on how to use DIMHRS and the necessary hardware and personnel support will be made available.

Soldiers will shortly be expected to:

- 1. Review the DIMHRS 101 Brief at: https://www.hrc.army.mil/site/ArmyDIMHRS/outreach/briefings.htm.
- 2. Ensure you have an Army Knowledge Online (AKO) account no later than Aug. 1, 2008.
- 3. Start updating your records now, including discrepancies on LES's, ORB, ERB, DA Form 2-A and DD Form 2-1.
- 4. Ensure your Service Member Group Life Insurance (SGLI) and Record of Emergency Data (DD Form 93) are current.
- 5. If changes are needed, set up an appointment to see your unit Human Resources Specialist.
- 6. Become familiar with the navigation tools for DIMHRS by enrolling in the eight-hour online Basic Foundation Course and completing modules on the Human Resources Command web site at: www.hrc.army.mil/site/Army-DIMHRS/BasicFoundationCourse/bfc.htm.

For more information, please visit the website: www.dimhrs.mil.



ARMY VALUE

Staff Sgt. Carmelo Castro

In addition to this, Castro has remained on as a RI National

Guard Soldier, deploying to Iraq in September of 2006 to take

charge of the communications section for the 1207th. In this ca-

pacity, he assisted in all levels of communication installation, re-

pair, and preparation, ensuring that each convoy that went out

had everything it needed to stay in safe contact with the Tactical

both pride and humility. He describes the experience as something

he was glad he was a part of. As a non-commissioned officer, his

attitude and professional bearing has always reflected the sense of

duty he carried with him throughout his tour. When he speaks of his

successes, he is humble. When asked what he is happiest about

Castro, a soft-spoken individual, reflects on his time in Iraq with

By Sgt. John Cervone

The Rhode Island National Guard (RING) is filled with Soldiers who, in everyday ways, exemplify the high standards set for them. Without their

constant perseverance and steady commitment to the corps values, the integral structure of the RING would be jeopardized.

One such Soldier is Staff Sgt. Carmelo Castro of the 1207th Transportation Company, RING. Joining the RING in 1999 out of Pawtucket, RI, he became a 63 Bravo vehicle mechanic, working on the vehicles that would someday move the Soldiers and supplies to the battle front. However, Castro's real talents would emerge in the field of military information technology (IT) and communications.

This is what makes Castro's everyday work so vital to the RING: his full time job in the IT department at RING headquarters. In today's world of rapid communications, the men and women of IT are relied on not just daily but hourly to uphold the constant stream of media and message traffic that travels throughout the RING. Castro has worked in this field for nine years and has advanced himself in it, becoming a certified PC Support and Network Technician.

concerning his tour, his reply is that everyone returned home. A married man of six years, Staff Sgt. Castro and his wife Shelli have an eleven-month-old son Jordan. Staff Sqt. Castro enjoys working for the National Guard and plans to make the military a career.

Operations Centers and each other.

AIR VALUE SERVICE BEFORE SELF Tech. Sat. Lori Smith

By Sgt. John Cervone

There is a story about a man who was walking along a beach when he saw a boy picking up starfish and flinging them into the sea. The man asked the boy why he was doing this. The boy explained the starfish would die if left to the morning. The man asked the boy, "What difference will your efforts make when there are thousands of starfish on the beach?" The boy stopped and looked at the starfish he was holding and said, "It will make a difference to this one."

There are a countless number of opportunities where all of us can make a difference. Tech. Sgt. Lori Smith of the 143rd Air Wing is a person who takes those opportunities on a daily basis. She has devoted her time to raising money for such worthy causes as the Leukemia and Lymphoma Society and the Walk for Breast Cancer.

On the military side, along with many of her other duties, she is the Unit Career Advisor, Unit Fitness Monitor, Financial Management (FM) Training Manager and the Augmenter for the Inspector General (IG) Team for finance. She is also presently in the process of forming the Rhode Island Air National Guard (RIANG) Sergeants Council for E-5 and E-6 RIANG members.

For Smith, the military is a labor of love. "Speaking as a full time single mother, the Guard has enabled me to provide for my family not only great health care but countless other ben-



efits. I've traveled throughout the U.S. and parts of Europe. The educational benefits too are incredible. At work, I am constantly challenged by my superiors to learn and excel; there is never a day when I can say, 'My job is boring.'

Smith also volunteers her time at Woonsocket High School assisting the ROTC Program. She conducts classes in a show and tell format throughout the day, on whatever topic the students may be learning at the time. She is a positive role model and it is a great opportunity for the students to ask someone in the military whatever questions may be on their minds.

"The Guard is like a second family. If I have ever been in need of anything financially, emotionally, or professionally, the Guard family has always supported me. I am just very grateful for my life and all my experiences with the RIANG.

If you'd like more information on the RIANG Sergeant's Council, please contact Tech. Sgt. Lori Smith at: Lori.Smith@riquon.ang.af.mil.

rd the marriage wins By Chaplain Capt. Kip Averett

Greetings from the Chaplain! I think it could be a universal prayer that everyone wants a stronger relationship with their loved one. Deployments, separations, and military life are just a few of the many challenges men and women in service deal with on a daily basis. Thankfully, the Army has provided couples with one tool which is making a profound difference: Strong Bonds Marriage Enrichment Program (formerly PREP).

Strong Bonds is a unit-based, chaplain-led program that helps Soldiers, Airmen, and their families build strong relationships. The program's mission is to build their readiness through building marriage skills and relationships.

Started as an active duty Army program for couples, Strong Bonds has expanded to include single Soldiers and Airmen and National Guard families with children, providing them support for the unique needs associated with deployment and redeployment. In addition, it has been approved Army-wide to include Reserve and Air National Guard personnel as well.

Each Strong Bonds program in Rhode Island is targeted to meet Soldiers and Airmen at where they are in their relationship cycle and is administered through a training process that culminates in an off-site retreat. Hundreds of RI couples and individuals have been blessed by this great program.

RI Soldiers or family members who want to attend a Strong Bonds training event should contact Chaplain Capt. Kip Averett at 401-275-4070 or e-mail at kip.averett@us.army.mil. Please take the time to get involved with this wonderful event. The change is lasting, the impact is powerful, and the memory is timeless.









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Suggested Courses:

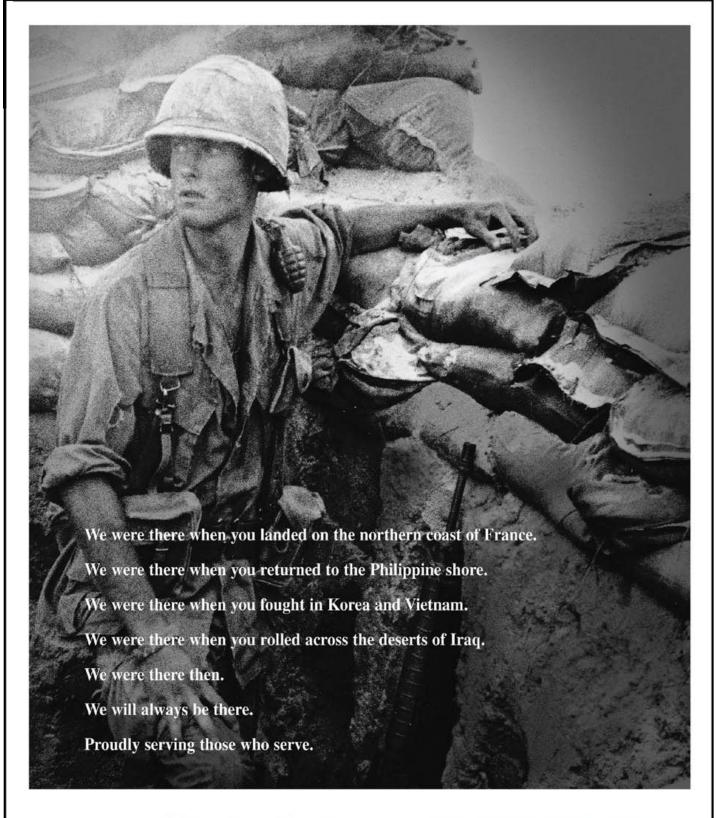
- · Microsoft Office 2007
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- · A+, Server+ & Security+

12 credits 12 credits

12 credits

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US Family Health Plan provides the full TRICARE Prime benefit plus some nice extras like discounts on eyewear, hearing aids, and fitness centers. There's no paperwork, no surprise bills. And, for active-duty family members, there are no co-payments except for prescriptions. Enrollment is open now to military beneficiaries of all ages.



- US Family Health Plan Network Hospital
- US Family Health Plan Network Primary Care Providers

"Everybody's health plan should be this good."

- Cherie Saunders
 Active Duty Dependent, member,
 Newport, RI
- "I love all the extras eye care, chiropractic and everything's nearby."
 - Jim Morin CAPT USN (Ret.), member Somerville, MA

"US Family Health Plan gives me the most flexibility of any TRICARE plan – I love it."

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